

BASKETBALL SCHEDULE

sport&health

TYSONS

8250 Greensboro Dr. McLean, VA 22102 • 703-442-9150 • sportandhealth.com

Hours: Mon-Thurs 5am-10:30pm; Fri 5am-9pm; Sat 7am-7:30pm; Sun 8am-7:30pm
Group exercise schedules are also available online at sportandhealth.com/classes.

COURT 1 – SHOOT AROUND COURT

MON	TUES	WED	THUR	FRI	SAT	SUN
OPEN BASKETBALL 5:00AM-3:00PM	OPEN BASKETBALL 5:00AM-3:00PM	OPEN BASKETBALL 5:00AM-3:00PM	OPEN BASKETBALL 5:00AM-3:00PM	OPEN BASKETBALL 5:00AM-3:00PM	TNT & EP 7:00AM-12:00PM	
SHOOT AROUND & EP 3:00-8:00PM	SHOOT AROUND & EP 3:00-8:00PM	SHOOT AROUND & EP 3:00-8:00PM	SHOOT AROUND & EP 3:00-8:00PM	SHOOT AROUND 3:00-6:00PM	SHOOT AROUND 12:00-7:30PM	SHOOT AROUND 8:00AM-7:30PM
OPEN BASKETBALL 10:00-10:30PM	OPEN BASKETBALL 8:00-10:30PM	OPEN BASKETBALL 9:00-10:30PM	OPEN BASKETBALL 8:00-10:30PM	OPEN BASKETBALL 6:00-9:30PM		

Shoot Around = Non-Game play & Family Time

*One on One basketball camp: 845am-330pm: October 13th & November 3rd & 4th

Open Basketball is Game play 16yo+

COURT 2 – GAME COURT

MON	TUES	WED	THUR	FRI	SAT	SUN
OPEN BASKETBALL 5:00AM-10:30PM	OPEN BASKETBALL 5:00AM-7:45PM	OPEN BASKETBALL 5:00AM-6:45PM	OPEN BASKETBALL 5:00AM-6:45PM	OPEN BASKETBALL 5:00AM-9:30PM	OPEN BASKETBALL 7:00AM-1:45PM	OPEN BASKETBALL 8:00AM-7:30PM
	LEAGUE VOLLEYBALL 7:00-10:00PM	EP VOLLEYBALL 645-9PM	OPEN VOLLEYBALL 7:00-10:00PM		OPEN VOLLEYBALL 2:00-6:00PM	
	OPEN BASKETBALL 10:00-10:30PM	OPEN BASKETBALL 9:00-1030PM	OPEN BASKETBALL 10:00-10:30PM		OPEN BASKETBALL 6:00-7:30PM	

*Track closes 30 minutes before club closes.